

# Herbal Correspondence Course

**Module 1**

**NETTLES**

*Making Hair Conditioner*  
*Weeds and their uses*

**Module 2**

**PLANTAIN**

*Making an ointment*  
*Wildcrafting*

**Module 3**

**PADDY'S LUCERNE**

*Making cough syrup*  
*How to dry and process herbs*

**Module 4**

**ST. JOHN'S WORT**

*Making tinctures*  
*Dried verses fresh herbs*

**Module 5**

**COMFREY**

*Make homemade*  
*Sorbolene & Comfrey Cream*  
*Medicinal herbs for home use*

**Module 6**

**CAYENNE**

*Making a cream for aches and pains*  
*Creating your own herb garden*

**Module 7**

**CALENDULA**

*Making infused oils*  
*Plant care and companion planting*

**Module 8**

**HOREHOUND**

*Making cough lozenges*  
*How, when and where to gather herbs*

**Module 9**

**VARIGATED THISTLE**

*Making a Sun Protector Cream*  
*Complementary medicine and the orthodox*  
*system of medicine*

**Module 10**

**GARLIC**

*Creating an oxymel*  
*Herbs for animals*

**Module 11**

**PURSLANE**

*Making a soap—solid shampoo soap*  
*Herbs in cooking and teas*

**Module 12**

**ECHINACEA**

*Making medicinal capsules*  
*Present and future trends in herbalsim*

*All Modules will include materials to create each project and a surprise item relating to the herb being studied e.g. a bottle of essential oil*